

NATIONAL **SAFETY** MONTH 2015

Week 3

Ergonomics

The rules of safe lifting!

1. _____ beforehand to warm up.
2. Keep your _____ straight and bend at your _____.
3. Be certain to be on _____ ground.
4. Keep the object _____ to your body.
5. Lift with your _____.
6. Limit the _____ of weight you carry.
7. Ask for _____ to carry heavy, bulky or large loads.
8. Keep pathways clear of _____.

Name: _____